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LIFCO ZINE





Welcome

LIFCO PUBLISHERS proudly announces the launching of its ezine - Lifco Zine a venture into the dazzling world of exchanging information on the net. The name of LIFCO is associated with the fields of religion and dictionaries. Evolving from the era of manual typeset printing (LIFCO was founded in 1929), to the current trends in printing LIFCO has continuously sought to keep up with the times.

Our ezine is a timely step into a world constantly buzzing with flow of information. The future of publishing lies to a large extent with the internet, and this is an endeavour in this direction.

With the exception of the 'masala' genre of commercial cinema and politics, the ezine will cover a wide spectrum of topics like religion, culture, literature, cookery, fashion, sports etc with special emphasis on a corner for the young and the trendy. Our band of authors include well known journalists, and experts drawn from the fields ranging from environmental studies, literature , religion, finance to mention a few . The bubbling enthusiasm of the teens can be gauged from the pulse of the youth corner.

To begin with we plan to bring out a monthly issue with key modules
changing dynamically.

We welcome suggestions and contributions from our esteemed readers for this new offspring : Lifco Zine

Coordinator,
Vidya Saranyan

Inside This Issue



'Thyagaraja Kritis' with brief meanings



Krishna - as a baby in the cradle



A convergence of the beastly barren



YOUTH CORNER

Travelogue **Leh Is The Limit** *Mahima. A. Jain*

"the journey is more beautiful than the destination"

The speculation about the place - it's notoriously popular low oxygen levels and extremes of climate– made me pray a hundred times as I took off for my week long journey to Ladakh, J&K. Ladakh is accessible by road from Manali (474 km) and Srinagar (437 km) and by air from Delhi, which is the most advisable means.

My fears were all in the back burner of my brain as I took in the beauty of nature – the bare mountains sloping so evenly you could slide down it, the huge barren valley which could fit in its lap all the Olympic stadiums of the world and shielding it was the crystal clear sky.



The first day in this cold desert should be spent resting to avoid high altitude sickness. The sightseeing in and around the town are Hall of Fame, Sangam (a convergence of the beastly barren mountains and the beautiful river of Indus and Zanskar), Magnetic Hill, Pathar Sahib Gurudwara, Shey and Thicksey Monastries.

I reached Nubra Valley through the Khardungla Pass purportedly the world's highest motorable road at 18350 feet. As I had learnt by the fourth day "the journey is more beautiful than the destination" so it was for Nubra Valley. Everywhere I looked I could see virgin beauty and handiwork no man could imagine and I wanted to believe that it was not a reverie. My destination was Tirth Camp, where lay the wonderful little tents.



In Nubra, between Diskit (the administrative headquarters of Nubra) and Hundar I saw an amazing contrast of nature in this forbidden land. On one side were giant coloured mountains (red, green, gray, white) and on the other side there were sand dunes and barchans of sand so fine that it seemed it was from the Marina or Jaisalmer. All this alternated with thorns from desert vegetation and trees from mountain forests interlined with scarce grass, sprinkled with salt and little puddles of chilled water which mirrored the magnificent sky. As I rode on the Bactrian camel on the former Silk route I couldn't help but be dazzled.

Beyond Hundar civilians aren't allowed as it marks the entrance to the world's (in)famous warzone, Siachen. Another noteworthy place was Panamic known for sulphur water springs.



YOUTH CORNER

Young Achievers

Shuttling her way to victory! - Saina Nehwal

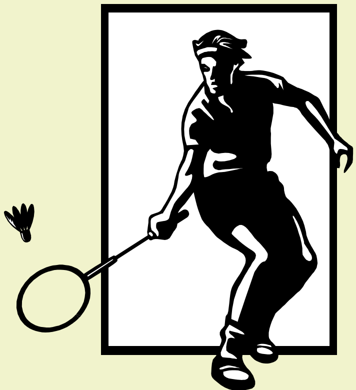
Prashanti Ganesh

"As the turning point of her career, Saina mentions her win at the Philippine Open in 2006."

The story of Saina Nehwal, the 19 year old sports wonder is nothing out of the ordinary, but remarkable at the same time. Born to Dr. Harvir Singh, a scientist and Usha Nehwal, both of whom were former badminton champions in Haryana, 1 little did Saina know where she was going to land up when she picked up her first racquet at the age of 8.

Currently ranked number 6 in the world, Saina is the first Indian woman to reach the singles quarterfinals at the Olympics and the first Indian to win the World Junior Badminton. With all this to her credit, she still giggles when she gushes about how her prince charming should be disciplined, have respect for women, be nice to her and look good like Shahrukh Khan.

Saina fervently desires to be the World Number 1 and win Olympic gold. She completely believes in achieving this, but cannot promise when. As the turning point of her career, Saina mentions her win at the Philippine Open in 2006. That's when she realized that she could do well at the international level and getting into the top 10 was attainable.



Saina Nehwal scripted history on June 21 2009, becoming the first Indian to win a Super Series tournament after clinching the Indonesian Open. This not only fetched her a cash prize of Rs. 2 lakh but also a tremendous fan following all over the country.

With her on-court philosophy of not being afraid of anyone, Saina claims she feels awfully guilty when she misses training sessions. She has also mentioned how much she hates losing and loses sleep over it. Though she doesn't enjoy it, losing has nevertheless taught her to learn from her mistakes and work harder.

Currently coached by Indonesian badminton legend Atik Jauhari since, Saina's professional career is managed by GloboSport.

YOUTH CORNER

Young Achievers

Shuttling her way to victory! - Saina Nehwal

-Prashanti Ganesh

"She has had problems with getting her VISA . "

As a kid, Saina would dutifully wake up every morning at 6 and head to the stadium which was 20 km away. Two hours of practice took its toll on her. She used to fall asleep on her journey to school and hence her mother accompanied her until the routine fell in place. Family support has always been terrific for Saina and has only helped her perform better.

Saina has this uncanny reputation when it comes to playing against the Chinese. She considers them as her toughest opponents and usually puts in twice as much hard work when she is playing with them.

Saina's simple background has taught her to keep her head on her shoulders. That is apparent when she tells upcoming sports enthusiasts, "Remember three things in Life: Respect your parents, coach and teacher, always be disciplined in life and never stop dreaming. But dreams should always be complemented with sincere hard work."



Saina may usually not have much to say but she has had her share of Indian-sports people-syndrome. She has been openly disappointed about how badminton and other sports in India are not given half the attention as cricket. She has had problems with getting her VISA and has believed that nobody has life as simple as the cricketers.

With particularly friendly relations with the media, she still feels that they don't give badminton as much importance as cricket. She expects them to understand the importance of being the No. 6 player in the world and give her due credit. She hopes that maybe people will start noticing her when she becomes No. 1.

Saina has never led a standard teenager's life. She feels that since she enjoys badminton at such a large extent, she does not mind missing out on birthday celebrations, college life and catching up with friends. She in fact feels that she leads a very boring life!



CULINARY TREATS

Yummy Vegetable Soup

- **Tomatoes - 500 gms**
- **Carrots - 100 gms**
- **French beans or cauliflower - 50 gms**
- **Onions - 250 gms**
- **Ginger garlic paste - one tsp**
- **Peppercorns - 2 or 3**
- **Olive oil - 1 to 2 tsp**

Method

Optional :

Spring onions, sweet corn kernels/ baby corn are some more add- on options.

Chop onions finely. Warm the olive oil on low heat, saute onions and the ginger garlic paste without browning. Chop vegetables into long pieces. Add the vegetables to the sauted onions. Add approx 500 ml water. Transfer to a pressure cooker and cook with seven eight whistles. Or, cook in a pan with one litre of water till all vegetables are completely cooked and soft.

Let the liquid cool. Puree in a blender and strain. Serve hot, with a dash of butter and pepper.





RELIGION

Krishna, the Delight of Existence is born!

The birth of Krishna

AhanaLakshmi

"It is not Nanda's house alone which was full of happiness. "

Krishna was no ordinary baby. He was born to Devaki in prison and Vasudeva took the baby to Gokula crossing the river Yamuna and protected by Adisesha from the heavy rain and flood. Vasudeva exchanged Krishna for the girl child who had been born to Yashoda. Kamsa dashed the girl child against a rock but she flew away mocking him and telling him that his enemy was alive elsewhere.

In Vraja of course, it was all celebration. A baby son for Nandagopa, the cowherd-chief! Nanda, transported with joy, bathes and dresses himself nicely and does not stint in any manner in giving gifts to mark this joyous moment: two lakhs of decorated cows, seven maunds of sesame seeds well packed in zari cloth that has been embroidered with gems. It is not Nanda's house alone which was full of happiness. The entire settlement is happy and declares a holiday as it is described in the Bhagavata.

The Tamil Vaishnavaite saint Perialwar sees the Supreme in the child at home. He sings for him cradle songs and feeds him and plays with him, shows him the moon, calls out to Krishna for a hug and addresses the dark-feathered crow to comb the little one's tresses. Perialwar sings:

Damsels with bright foreheads!
Look at the lovely toes
Of this babe, sapphire-sheened.
It is as if pearls, precious stones,
Diamonds, gold and other rich assets
Have been set up in formation
As a jewel with artistic care."
(Perialwar TIrumozhi 3-2)



RELIGION

Krishna, the Delight of Existence is born!

The birth of Krishna

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"He has a beautiful chapter on the Janmashtami celebrations which are held in an Indian principality."

Krishna - as a baby in the cradle has fascinated even the famous English novelist E.M. Forster. He has a beautiful chapter on the Janmashtami celebrations which are held in an Indian principality. When the bell chimes midnight, a conch is blown and the Rajah of Chanderpore announces the birth of Krishna and then there are various festivities bringing out the joie de vivre of the Indians. Harmony reigns all over the place. Who is not charmed by baby Krishna who looks like a baby of your own household?



Krishna legends have helped us revere childhood in India. Children are considered amrtasya putrah, children of immortality. Why, the gods themselves come to our homes as children! That is why on Sri Jayanti we have little dancing feet painted all over the house and fancy dress parades of little children dressed up as little Krishnas and Radhas. A joyful celebration all around.



Ramayana Quiz– Little known facts

Veeru

In the days before the advent of movies and TV, many of us learnt the Ramayana story from our grandparents, or parents perhaps as bed-time stories; or in our school through our text-books where the entire story or some episodes were covered in a single lesson of a few pages.

Some had the benefit of accompanying (sometimes we had to be dragged) the elders when they went to attend discourses (Katha Kalakshpangal).

Then came movies like *Sampoorna Ramayanam* in Tamil, Seetha Kalyanam in Telugu, Lav-kush, etc and to top it all, Ramanand Sagar's Magnum Opus *Ramayan* which was telecast over 78 weeks and recently Prem Sagar's Ramayana and several animated movies on dvds.

But Sampoorna Ramayanam was not sampoornam (to be fair, in a 3 hour movie they cannot tell all. What they meant was, it covered the story from birth of Rama to his crowning.) Even Ramanand Sagar could not cover some details though he took 78 episodes to tell us the story. And Ramanand based his movie on – Valmiki, Tulasidass, and perhaps other sources.

"to be fair, in a 3 hour movie they cannot tell all. What they meant was, it covered the story from birth of Rama to his crowning . "



So to all those who know Ramayana Story, or think they know the story, this is the place to check about some nuggets!

For sometime to come, this will be based on Valmiki Ramayana (Prose Translation by CRS published by Lifco – the only complete version of Ramayana read by the author!). It is fascinating the way we get to know about these smaller details. Valmiki does not always throw these facts at you directly in a story-telling fashion. As you read the story you have to pause and realise that there is something in that 'episode' you did not know.

We will adopt a quiz format and take perhaps two questions in each capsule.

1. What is Kaikeyi's mother's name? What is the story about her and where does it appear in Valmiki's Ramayana?
2. We know about Kausalya, Kaikeyi and Sumitra. Were there more wives for Emperor Dasaratha according to Valmiki? How do we get to know about them?



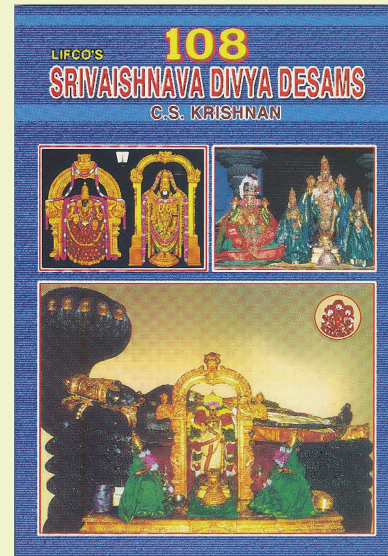
A Holy Pilgrimage - Saligramam

Extract from l08 Srivaishnava Divyadesams in English - Page 177

Other Names : Muktinath, Chumig Gyatsa (The name given by Tibetan Buddhists).

Other Interests : At Kathmandu - Dakshina Kali Temple, Pasupathinath Temple, Sri Krishna Mandir at the old capital, Sayana Narayanan Temple, Mountain Flight. At Pokhra Phewa Lake; Mahendra C~es, Devi Falls, Bindya Basini Temple.

Nearest Major Town I City : Jomsom Route: 260 KM from Kathmandu on the banks of Gandaki River. Travel up to Pokhra by flight or by road. From there go to Jomsom and walk 8 hours or take a helicopter ride from Pokhra I Jomsom to Muktinath



Where to Stay : Pokhra, Jomsom or Rani Pauwa

Vimanam : Kanaka Vimanam

Pushkarani : Gandaki River, Chakra Theertham

Perumal Name (Moolavar) : Sri Murthy Peru mal

Perumal Other Name: Mukti Narayanan

Pose: Standing under the hoods of Adisesha

Facing: North

Mangalasasanam By : Periyazhwar, Thirumangai Azhwar

Padal List : Periyazhwar Thirumozhi 2-9-5,4-7-9: Periya Thirumozhi 15 (10)

Pratyaksham to : Brahma, Rudran, Gandaki

Other Sannadhis : Bhoomidevi, Santhoshima, Nara Narayanan, Buddha, Ramanuja, Vinayaka. Vishnu Padam

Thayar Name (Moolavar) : Sri Devi Nacchiyar

A Holy Pilgrimage - Saligramam

Extract from l08 Srivaishnava Divyadesams in English - Page 177

Sthala Puranam : Gandaki River wanted to be associated with Vishnu and performed penance towards Him. Pleased Perumal agreed to take permanent birth in Gandaki River. Accordingly Salagrama Idols arise in Gandaki River. It is said that Peru mal takes the form of a glowing beetle (Vajrakreetam) and enters the stones of various shapes and hues in Gandaki River.

The Vajrakreetam creates various lines and shapes in the stone with its head and body and after a long time disappears. These idols, since created by Perumal Himself, are considered very holy and worthy of worship. A house having 12 or more of these Salagramas is considered a Divya Desam.

Remarks : This temple is considered Lithia Sannadhi. Some say that 110 km from Kathmandu, there is a place called Dhamodhar Kund, which is the real Salagramam. However, the general belief is that Muktinath is the right place. Local Priests perform the poojas.At Jwala Mai (Durga) Shrine (Salamebar Gompa), one can see natural gas flames burning - Sale Mebar (Burning Sail), Do Mebar (Burning Stone) and Kia Mebar (Burning Water). It is believed that Brahma made these offerings to the Perumal. There are 108 springs of water, which come through figures of Varaha. The belief is that these waters represent the Theerthams of the 108 Divya Desams. It is considered holy to bathe in all of them, as it gives benefit of bathing in all the 108 Divya Desams.



CULTURE SPOTLIGHT

Test your knowledge of Carnatic music with the following brainteasers

Vasuda Murali.

1. In which Raga is Sarali Varisai being set ?

a. Naatai,
b. Aarabi
c. Mayamalava Goulai

2. How many Jaadi's has Lagu?

a. Two
b. Six
c. Five



3. What is the total number of Thalas?

a. Forty-two,
b. Thirty
c. Thirty -Five

4. Who is the composer of Pillaiyar (Ganesha) Geetham?

a. Muthu Thandavar
b. Thyagarajar
c. Purandaradasar

5. "Sakthi Sahitha Ganapathim" – who is the composer of this note?

a. Muthuswamy Dikshitar
b. Thyagarajar
c. Purandasadasar

CULTURE SPOTLIGHT

Test your knowledge of Carnatic music with the following brainteasers

Vasuda Murali.

6.”Sambasivayanevay” – who is the composer of this Swarajathi ?

a. Swathy Thirunaal
b. Ambujam Krishna
c. Chinni Krishnadasar

Refer Page 16 for Answers



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'Thyagaraja Kritis' with brief meanings

Sri Ganapathy Nee

ப்ரார்த்தனை

விநாயகர்

ராகம் : ஸௌராஷ்ட்ரம் **தாளம் :** ஆதி

பல்லவி

ஸ்ரீ கணபதிநி ஸேவிம்பராரே ஸ்ரித மாநவுலாரா (ஸ்ரீ)

அனுபல்லவி



வாகதிபதி ஸுபூஜல ஜே கொநி
பாக நடிம்புசுநு வெடலிந ∴.∴

சரணம்

பநஸ நாரிகேளாதி ஜம்பூ பலமுலநாரகிம்சி
கநதரம்புநு மஹிபை பதமுலு
கல்லு கல்லுமந நும்சி
அநயமு ஹரிசரணயுக முலநு
ஹ்ருதயாம் புஜமுந நும்சி
விநயமுநநு த்யாகராஜ விநுதுடு
விவித கதுல தித்தளாங்கு மநிவெடலிந (ஸ்ரீ)

Sri Raghukula

ராகம் : ஹம்ஸத்வநி **தாளம்** : தேஸாதி

பல்லவி

ஸ்ரீரகுகுலமந்து புட்டி ஸீதநு செயிகொநிந ராமசந்த்ர (ஸ்ரீ)

அனுபல்லவி

ஆராம மந்து முநுலகோரிக
லீடேர ஸேய பூநு கொந்ந ராம (ஸ்ரீ)

சரணம்

நவரத்ந பீடமந்து மஜ்ஜநமு
புடமி ஸுருல சேத கைகொந்ந ராம,
பரமபக்துலநு பாலநமு ஸேயு
ஸாகேதவாஸ த்யாகராஜநுத (ஸ்ரீ)



இந்த க்ருதியில் த்யாகய்யா ராமாயணத்தை ரத்னச் சுருக்கமாகப் பாடியிருக்கிறார். ஸ்ரீ ராமாவதாரம், ஸீதா கல்யாணம், முனிஜனங்களை ரக்ஷித்தல், நவரத்ன பீடத்தில் வஸிஷ்டர் முதலிய அந்தணர்கள் ராமனுக்குப் பட்டாபிக்ஷேகம் செய்வித்தல் முதலிய நிகழ்ச்சிகள் அடங்கியிருக்கின்றன.

Page 16. from - லிப்கோ ஸ்ரீ த்யாகராஜக்ருதி ராமாயணம்.



CULTURE SPOTLIGHT

Test your knowledge of Carnatic music with the following brainteasers

Vasuda Murali.

Answers

1. In which Raga is Sarali Varisai being set ?

   c. ***Mayamalava Goulai***

2. How many Jaadi's has Lagu?

   c. ***Five***

3. What is the total number of Thalas?

   c. ***Thirty -Five***

4. Who is the composer of Pillaiyar (Ganesha) Geetham?

   c. ***Purandaradasar***

5. "Sakthi Sahitha Ganapathim" – who is the composer of this note?

   a. ***Muthuswamy Dikshitar***

6."Sambasivayanevay" – who is the composer of this Swarajathi ?

   c. ***Chinni Krishnadasar***



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